

Lactic Acid p 88 text

Define Blood Lactate Threshold (Anaerobic Threshold)

How Does This effect the performance of an athlete?

How does anaerobic threshold compare between elite and novice athletes?

Nov 23-7:08 AM

What approach can coaches use to improve the threshold for novice athletes?

What is the role of rest in interval training?

Nov 23-7:08 AM

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Define Blood Lactate Threshold (Anaerobic Threshold)

point at which Blood LA increases rapidly

How Does This effect the performance of an athlete?

increase in LA would create muscle pain & fatigue, hinder enzyme activity

How does anaerobic threshold compare between elite and novice athletes?

Elite athletes do not reach their anaerobic threshold until they reach a higher % Vo_2 -shifted to the right



Nov 23-7:08 AM

What approach can coaches use to improve the threshold for novice athletes?

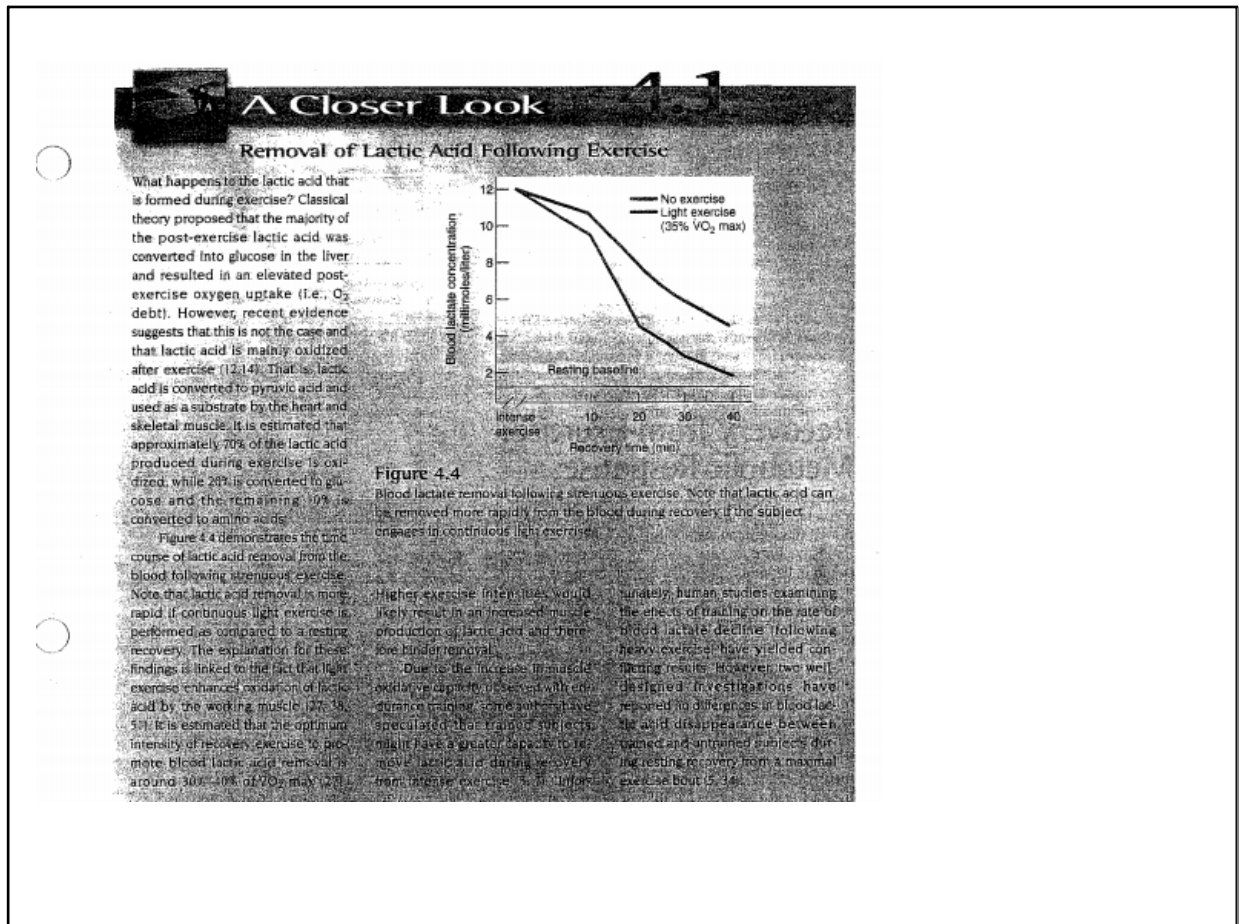
Intervals

Work
Rest
Work

What is the role of rest in interval training?

Rest → to push to threshold but never accumulate LA

Nov 23-7:08 AM



Nov 4-11:02 AM

Removal of lactic Acid Following Exercise

What happens to the lactic acid in your body after vigorous exercise? (3)

- pain } fatigue (toxic)
- lack of contraction & strength } speed of response
- enzyme impairment

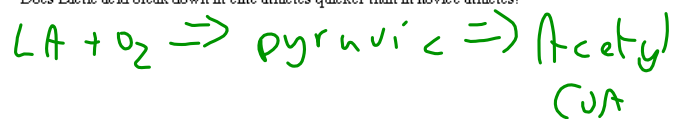
Why does lactic acid breakdown readily with light exercise after an event? Give examples

35% VO_2 - jog - delivers O_2 (breakdown la)

What happens to lactic acid after vigorous activity?

Why does lactic acid breakdown readily with light exercise following an event? Give Examples

Does Lactic acid break down in elite athletes quicker than in novice athletes?



Nov 23-7:09 AM

Does Lactic acid break down in elite athletes quicker than in novice athletes?

LA removed in identical
biological processes

Active recovery - 30% VO_2
removes LA much more
efficiently

\therefore no byproducts the next day

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EPOC Excess Post Oxygen Consumption

excess oxygen, ventilation and thermo-regulation post
activity

-removal of lactic acid, lower base body temperature, slow
down heart rate and breathing cadence

-elite level athletes efficiently utilize this phenomena much
quicker than novice athletes

Oct 22-12:42 PM